

WINGSPREAD

Scoop on summer



Lifeguard Casey Gable cleans the center pool Monday before swimming season starts Saturday. Regular hours at the center pool are Monday through Saturday from 1-8 p.m. and Sunday from 1-6 p.m. For party and swimming lesson information, call 652-5640. (Photo by Jennifer Valentin)

Randolph nurse wins national award

By Bob Hieronymus
Wingspread staff writer

The American Academy of Ambulatory Care Nursing presented its Administrative Excellence Award for 2005 to Lt. Col. Carol Andrews, 12th Medical Group chief nurse executive, during its annual convention in Atlanta recently.

The colonel is one of only three nurses the organization honored in 2005.

Colonel Andrews was recently selected by the U.S. Surgeon General as a consultant for ambulatory care nursing, a position that allows her to use her broad experience in nursing related to outpatient care.

“I feel my consultant work has directly contributed to changing Air Force ambulatory care nursing worldwide,” Colonel Andrews said. “It’s been a challenge and a privilege to be a part of the Academy with its professional and dedicated women.”

Since earning her degree in nursing from the University of Texas Health Science Center at San Antonio in 1980, she has worked in civilian and veteran hospitals, home health care programs, and military clinics and hospitals.

Her Air Force career, which began in 1987, has been in many areas of nursing, although now her duties as chief nurse executive primarily involve mentoring and training the 26 nurses and 75 medical technicians of the Randolph clinic.

Her responsibilities included the “telenursing” program which serves the entire San Antonio military community. This new program is designed to give callers 24-hour nursing advice to help them determine the nature of their medical condition and whether self help or professional medical attention is required. The colonel has been instrumental in developing the standards to ensure the best use of the available nursing skills, said 12th MDG officials.



Lt. Col. Carol Andrews

The AAACN award recognizes Colonel Andrews for her work on various committees of the organization. She currently serves on the Ambulatory Care Standards Committee, which sets standards for this branch of nursing for the nation and offers those standards to a worldwide audience of medical professionals.

This is the colonel’s second tour of duty on Randolph. She was assigned to the 12th Medical Group from 1994-1998, when she had a major hand in developing the Put Prevention Into Practice program that resulted in the integration of preventative health training elements into all Air Force formal training courses. She also served as a consultant to the U.S. Space Command for its preventive health programs.

In her letter supporting Colonel Andrews’ nomination for the award, Col. Therese Neely, the Air Force Chief Consulting Nurse, said “Carol’s outstanding work and exceptional mentoring positively impact the Air Force Nurse Corps and will continue to do so into the future.”

The AAACN is a national organization of nurses providing health care in outpatient environments. With frequent observers from other countries, the AAACN sets the standards for nurses in this area of the profession, which includes the new field of telenursing.

Water restrictions appear imminent

By Michael Briggs
12th Flying Training Wing Public Affairs

Randolph likely faces Stage 1 water restrictions in the next week as the Edwards Aquifer continues to lose about a foot of water per day with little to no rain in the extended forecast.

With the water level at 658.7 feet at press time Thursday, the source of the base’s water was within 1.2 feet of the target level

of 657.5 that triggers Stage 1 actions. Randolph enters Stage 1 when the aquifer is at 657.5 or lower for five straight days.

Military installations in San Antonio enforce restrictions earlier than the civilian communities in the area in a cooperative conservation effort with the U.S. Fish and Wildlife Service, said Robin Armhold, compliance manager for the 12th Civil

See **Water** on page 4

12th Flying Training Wing Training Status

Pilot Instructor Training <div>As of Monday</div>			Navigator, EWO Students				Wing Flying Hour Program					
			562nd FTS		563rd FTS		Aircraft	Required	Flown	Annual		
Squadron	Seniors	Overall	CSO/NFO		CSO		Graduate EWO		T-1A	6766.0	6961.4	10,725
99th FTS	-2.0	-1.4	USAF	242	OPS	49	International	11	T-6A	10871.7	11131.0	17,196
558th FTS	-3.3	-1.8	Navy	34	Advanced EW	23	EWC Course	0	T-37B	3527.7	3628.2	5,796
559th FTS	0.5	1.5	International	8	Integration	0	Intro to EW	0	T-38C	6147.0	6282.6	9,937
560th FTS	3.8	0.3	Total in Training	284		72		11	T-43	2445.7	2400.6	3,982
Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.			Numbers reflect students currently in training. The 562nd shows source of combat systems officer students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.						The required and flown numbers reflect hours flown between Oct. 1, 2005 to date. The annual numbers are total hours for fiscal year 2006.			

AIR AND SPACE EXPEDITIONARY FORCE

As of Monday, 138 Team Randolph members are deployed in support of military operations around the globe.

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

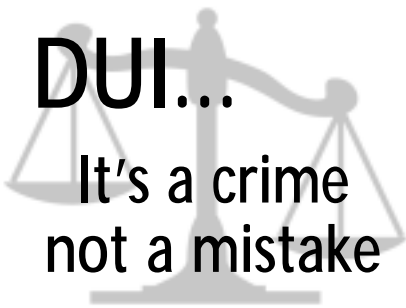
When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

“PROTECT YOUR WINGMAN”



Team Randolph's
last DUI was
March 18, 2006

Summer safety campaign underway

By Gen. Michael Moseley
Chief of Staff of the Air Force

Memorial Day marks the start of our 101 Critical Days of Summer Safety Campaign, which runs today through Sept. 5. Historically, the summer months have been a critical period for fatalities. Last year, 29 fellow Airmen lost their lives during this time. Our record is improving, but our challenge and goal remains zero fatalities.

Last year, the deadliest activities were automobile and motorcycle accidents, each claiming nine lives. Alcohol, speeding, fatigue and failure to use seat belts were the leading factors in these preventable deaths.

Water safety is another area of concern. Fatigue and lack of flotation equipment led to the deaths of five Airmen in water related incidents last year.

Overwhelmingly, the primary factor in fatal mishaps occurs when people fail to apply risk management in their daily lives. It takes direct involvement and emphasis at all levels of leadership, from major command commanders to front line supervisors, to ensure a positive safety culture. Supervisors must take every opportunity to focus attention on the individual decision making process and reiterate the importance of personal risk management. Put simply, we must train our Airmen to think before acting.

“...the primary factor in fatal mishaps occurs when people fail to apply risk management in their daily lives.”



I encourage commanders to review the Air Force Safety Center Web site located at afsafety.af.mil/index.html. There you will find mishap prevention materials to share with our Airmen as we move into the 101 Critical Day period.

We must convince each Airman to drink responsibly, to not drink and drive, and to not take a curve too fast on a motorcycle. It must become second nature for each of our Airmen to weigh the risks of their activities, both on and off duty.

Let's enjoy a safe summer together; a summer with no senseless fatalities.

Remembering those who served

By Michael Wynne
Secretary of the Air Force and
Gen. Michael Moseley
Chief of Staff of the Air Force

In a time of peace and prosperity, we remember those who gave their lives in service to our country. In a time of war, these memories are sharpened by the selfless service of those defending our freedoms daily.

This Memorial Day, we pause to honor our fallen Airmen – active, Guard, Reserve, and civilian – who

answered the call and paid the ultimate price for our country. Remember also the Soldiers, Sailors, Marines, and Coast Guardsmen, patriots all, who displayed the resolute courage that has defined our country through the generations.

We also remember the families of those who served so well but did not come home. We hope these families draw strength from the fact that their loved ones served a calling greater than their own self-interest.

Likewise, we come together today to

stand with the families of those who continue to serve, as their unconditional support is our true source of strength.

We remain a nation at war, and an Air Force committed to upholding the charge presented in the Constitution to “provide for the common defense.”

This Memorial Day, we affirm our gratitude for those who fought and made the ultimate sacrifice, so that others could live and enjoy freedom in abundance. We will never disappoint their legacy of service before self.

Congratulations Retirees

Today

Lt. Col. Glenn Quarles

Air Force Operational Test and Evaluation Center

Today

Master Sgt. Mark Cory

Air Education and Training Command

Today

Master Sgt. John Renninger

AETC

Today

Jay Lord

AETC

Wednesday

Ira Garrett

AETC

Wednesday

William Torrey

Air Force Personnel Center

Thursday

Master Sgt. Michael Caines

AETC

Retirement announcements should be submitted to the Wingspread office by noon Friday two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSPREAD

12th Flying Training Wing

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to the race, color, religion, sex, national origin, age, marital status, physical or mental handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron.

Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412.

For more information about submissions, call 652-5760.

Where does your inspiration come from?

By Lt. Col. John Graves
12th Medical Support Squadron commander

Have you often wondered where your inspiration and motivation comes from?

Dr. Lance Secretan, author of “Inspire! What Great Leaders Do,” stated, “Inspiration ... comes from a place of abundance, love and service, with no strings attached. ...When we motivate, we serve ourselves first; when we inspire, we serve others first.”

One’s source of inspiration for service to our nation may be one of many to include your religious faith and convictions, the love shared with your family, or the pleasure of serving this great nation and the American people we protect on a daily basis.

I believe inspiration is accompanied with lasting motivation in the form of tremendous support from a loved one, a human interest story on TV or supporting words from a mentor. Regardless, something remains in place as a motivational impetus to sustain your inspiration for continued service.

My source of inspiration changed over time relative to my age and priorities. Growing up during the Vietnam War, the thought was ever present in my mind I could be drafted into military service to do my part. I graduated high school four years after the draft ended in 1973, attended college one year and then enlisted into the Air Force. My twin sister first enlisted into the Air Force and motivated me to do the same just a few months later.

Sis would say my inspiration then was the minimum wage job I was in after quitting college. Part of my inspiration was to do something I enjoyed and that was to be a professional musician. I auditioned and was selected to enlist and join the Air Force Band program. I traveled around the country with the former Tactical Air Command Band from Langley Air Force Base, Va., and then with the Band



of the West out of Lackland AFB.

I was fortunate enough to meet thousands of war veterans who were either disabled, retired or still on active duty. Through this experience I gained new appreciation and respect for our veterans of war.

The point of this story is although the Vietnam War was not part of my inspiration in the beginning; it is my memories of growing up during the Vietnam War that inspire me today. In my home I have a copy of “The Reflection -- Vietnam Memorial” hanging above my fireplace. Each time I look at the print it reminds me of why I wear the uniform.

No matter where we are, what conflict or war we serve in, we are all comrades and we shall never forget the sacrifices of so many.

The 9/11 tragedy created an inspiration for some to enter military service and changed others’ inspiration to continue their individual and collective strength above all, fight the fight, stay physically fit, do more with less, be more effective while being more efficient, and be motivated more each day.

Leaders must motivate people to meet personal and professional goals if an organization is to succeed. It is the leaders who must provide critical information and the power of knowledge at every level of the organization to win the hearts and support of the people.

“It’s just as important for an airman first class to inspire and motivate as it is for the Air Force chief of staff to do the same for an entire service of warriors and peacemakers. The difference is relative to the nature of what each of us does to support and defend our nation.”

This is especially the case if we are to meet mission objectives in sustaining peacetime requirements and to win the war on terrorism. The most important thing is to feel inspired and proud of who you are and what you represent each and every day to this great nation.

It’s just as important for an airman first class to inspire and motivate as it is for the Air Force chief of staff to do the same for an entire service of warriors and peacemakers. The difference is relative to the nature of what each of us does to support and defend our nation.

No matter the military career field, government service series or contract position held, each one of us possesses a form of inspiration to do what we do every day in a world-class fashion. We each have the responsibility to inspire and motivate those around us.

The bottom line is we need to stay focused, positive in our direction and strong in our convictions. Where does your inspiration come from?

NEWS

Randolph first sergeants organize base food drive

By Staff Sgt. Beth Del Vecchio
Wingspread Staff Writer

The Randolph First Sergeant’s Council is organizing a community outreach project in conjunction with the San Antonio Food Bank to collect food for those in need as part of National Hunger Awareness Day.

Squadrons and organizations are asked to conduct canned and dried food drives within their offices and turn in donations to the first sergeants by June 6.

“We need squadron representatives to take the lead and organize volunteers and food drive themes within their units,” said Senior Master Sgt. Teodula Cavazos, NHAD committee chairperson. “Representatives can check the San Antonio Food Bank Web site for some ideas and themes.”

The most needed food items are peanut butter, chili, canned soups, canned luncheon meats, full meals in a box or can, tuna, beans, rice, macaroni and cheese, and “pop-top” food items, said Sergeant Cavazos.

“In the local San Antonio area, one in four children and one in five adults are considered to be ‘food insecure,’” said Sergeant Cavazos. “Food insecurity is when a person is so limited in resources to buy food that they are running out, reducing the quality of food and have unbalanced diets.”



The San Antonio Food Bank feeds about 25,000 people every week and this is a chance for the people of Randolph to show their support, said Sergeant Cavazos.

“This is the first year that the Randolph First Sergeant’s Group has taken on this worthwhile project,” said Sergeant Cavazos. “It is our hope that the military and civilian community within the base helps this drive be successful.”

The San Antonio Food Bank, along with community organizations, meets June 5 at the University of the Incarnate Word to raise awareness for hunger relief efforts in the community.

“It is an opportunity for people to gather and discuss the causes of hunger and possible solutions,” said Sergeant Cavazos

For more information, call Sergeant Cavazos at 565-1212 or visit www.sa-food-bank.org.



Airman 1st Class Teresa Marie Creager



Unit: 12th Medical Operations Squadron, Life Skills Support Flight
Duty Title: Life skills technician
Hometown: Garland, Texas
Hobbies: Meeting new people in social gatherings and spending time under the sun
Goals: Receive the rank of Senior Airman “below the zone,” earn my bachelor’s degree, marry a Godly man and to someday manage my own counseling office
Greatest Accomplishment: Graduating high school one year early

Personal Inspiration: My mom
Personal Motto: “It doesn’t hurt to go the extra mile. There’s not much traffic up there.”
Pet Peeve: Going to the commissary and getting that “one cart” with the malfunctioning fourth wheel
Leader’s Comments: Airman 1st Class Creager stands out among her peers. Her solid thinking, positive attitude and charismatic approach to leadership makes her a rising star in MDOS. She was elected vice president of the Airmen’s Dormitory Council and is passionate about improving the quality of life and living conditions for the Airmen. She is also a dynamic speaker and has personally researched and presented a briefing on workplace violence. She is a true volunteer having worked providing meals to participants for the annual Multiple Sclerosis Walk for Life, is a part of the Big Brother/Big Sister program and many others. Airman Creager is the model Airman who has a bright future ahead of her.

Lt. Col. Barbara Eisenstein
12th Medical Operations Squadron commander

To submit a junior officer, enlisted member or civilian employee for the Showplace Showcase column, commanders can send an e-mail to Staff Sgt. Beth Del Vecchio at elizabeth.delvecchio@randolph.af.mil, or call her at 652-5760 for details.

Don't be a victim: Beat the heat

By Armando Perez
12th Flying Training Wing Public Affairs

Warm summer weather usually means an increase in outdoor activities. With the high temperatures and humidity already upon us, summer warriors need to take the right precautions when working or playing outside.

“High temperatures and humidity stress the body’s ability to cool when engaging in minimal or extreme physical activities,” said Master Sgt. Germaine Barnett of the 12th Aeromedical-Dental Squadron. “If not careful, the body could be subject to certain heat illnesses such as heat cramps, heat exhaustion or heat stroke.”

Heat-induced illnesses usually occur when the body is unable to cool itself by sweating, Sergeant Barnett said.

One way to prevent heat cramps is to drink sports drinks which have electrolyte solutions, and to eat more fruits, said the sergeant.

Heat exhaustion and stroke are the more serious of the heat-related illnesses, caused by overexposure to the sun. Taking frequent breaks and drinking plenty of fluids before and during moderate and heavy work activities can help prevent these illnesses from occurring, said Sergeant Barnett.

If a person suffers from heat exhaustion or heat stroke, they should be moved to a cool environment, offered sips of water, if conscious, and provided emergency medical attention, said National Safety Council officials.

“One of the best resources available to base members to help them avoid a heat-related illness is the wet bulb globe temperature index here at Randolph,” said Sergeant Barnett.

The WBGT index helps determine the amount of work and rest one must take during hot weather conditions and how much water they should be drinking.

“The index is posted on the front door of the fitness center and at several other organizations on Randolph,” said Tech. Sgt. Susana Klein of the 12th ADS. “The wet bulb device is located in front of the bioenvironmental flight and is closely monitored every hour when the temperature gets above 85 degrees. The readings on the



Staff Sgt. Alicia Lohr of the 12th Aeromedical-Dental Squadron bioenvironmental engineering flight inspects the wet bulb device. (Photo by Steve White)

device help us determine the heat category to communicate to the command posts and the base gymnasiums.”

Sergeant Barnett added those who don’t have a WBGT index around should simply listen to what their body is telling them.

“Common sense is the key to avoiding heat illnesses this summer,” said Sergeant Barnett. “People must remember to dress for the weather, drink plenty of fluids and take frequent breaks when working or playing in the heat.”

According to the Occupational Health and Safety Administration, when outdoors people should wear tightly-woven clothing that blocks out light, a wide brim hat and ultra-violet absorbent shades; use a sunscreen with a sun protection factor of at least 15; and limit exposure to avoid UV rays. UV rays are most intense between 10 a.m. and 4 p.m.

For more information, visit the 12th Flying Training Wing Safety Web site located at <https://www-r.randolph.af.mil/12ftw/wing/safety/>.

WET BULB GLOBE TEMPERATURE INDEX							
FLAG CONDITION	WET BULB GLOBE TEMPERATURE	EASY WORK		MODERATE WORK		HARD WORK	
		WORK/REST	WATER INTAKE QT/HR	WORK/REST	WATER INTAKE QT/HR	WORK/REST	WATER INTAKE QT/HR
WHITE	78 - 81.9	No limit	1/2 Qt.	No limit	3/4 Qt.	40/20	3/4 Qt.
GREEN	82 - 84.9	No limit	1/2 Qt.	50/10 min.	3/4 Qt.	30/30 min.	1 Qt.
YELLOW	85 - 87.9	No limit	3/4 Qt.	40/20 min.	3/4 Qt.	30/30 min.	1 Qt.
RED	88 - 89.9	No limit	3/4 Qt.	30/30 min.	3/4 Qt.	20/40 min.	1 Qt.
BLACK	90+	50/10 min.	1 Qt.	20/40 min.	1 Qt.	10/50 min.	1 Qt.

Water

Continued from Page 1

Engineer Division Environmental Flight.

“We should all be mindful of our water use and adhere to the Stage 1 restrictions when they take effect,” she said. “Our conservation efforts can go a long way in not only setting the example for the civilian communities that will follow, but also ensure we sustain our mission and continue to be good stewards of the natural resources in our trust.”

The following water conservation measures are always in effect:

- Any action resulting in water waste is prohibited.
- Landscape watering is allowed only two days a week and is prohibited between 10 a.m. and 6 p.m. Watering days for even-numbered street addresses are Saturday and Tuesday, and for odd numbered street addresses the days are Sunday and Wednesday.
- Washing driveways, streets and sidewalks is

approved for health and safety reasons only, such as rinsing off bird droppings.

- Washing of cars is allowed, but people must use a shutoff nozzle to prevent water waste.
- Charity car washes on base are prohibited.

Stage 1 restrictions include the following additional conservation measures:

- Landscape watering is allowed two days a week, but not between 10 a.m. and 8 p.m. Residents should not let water to run off into gutters, ditches or drains due to over-watering of lawns.
- People can only wash cars during their normal watering hours and should ensure water does not run into the street or is otherwise being wasted. Base residents are encouraged to wash their cars no more than twice a month.

Randolph has four other levels of restriction, Stages 2-5, that enforce more stringent conservation measures when the aquifer level continues to drop. Any future restrictions will be announced in the Wingspread.

For more details about water conservation at Randolph, call the environmental flight at 652-4668.

NEWS BRIEFS

Randolph Chiefs meeting
The Randolph Chiefs Group meets June 2 at 3 p.m. in the enlisted club. For details, call Chief Master Sgt. John Osborne at 565-3763.

RFISD summer hours
Effective June 5 through Aug. 11, hours for Randolph Field Independent School District offices will be Monday through Thursday from 7 a.m. to 4:30 p.m. Offices are closed Fridays and July 4.

4-H Club earns recognition
The Randolph Youth Center 4-H Club earned ribbons in almost every category of the 2006 Bexar County 4-H Photography Contest held recently. Jordan Parsa won first place in the special effects all media junior category; Darian Haynes won second place in the special effects all media junior category; Joshua Dodgen won second in the people color digital intermediate category and second in the plant/flora intermediate category; Aaron Weymouth won third place in the people color digital junior category; and Nigel Cunningham won third in the special effects all media intermediate category.

Space Academy selectees
Six Randolph youth were selected to attend the Air Force Services Space Academy July 30 through Aug. 6. They are Cole Gindhart, Logan Mitchell, Louis Myrie, Angelina Perez, Ryan Perfect and Joshua Schladetzky. The Air Force Space Academy is conducted at the U.S. Space and Rocket Center in Huntsville, Al. The five days of activities provide participants with an introduction to space and aviation.

Base exchange recognizes students
The Randolph Base Exchange regularly recognizes outstanding students for exceptional academic achievement through its “You Made the Grade” program. Students with a B grade average or higher receive a coupon booklet that includes free admission to an Army and Air Force Exchange Service Reel Time movie, a magazine, a slice of Anthony’s pizza with a drink and other coupons. To receive the booklet, students must bring a valid military ID card and proof of their grade average to the BX.

MPF closed June 2
The military personnel flight customer service office closes June 2 at 11 a.m. for an official function. The office reopens for regular duty hours on June 5.

Art contest winners
The Randolph Asian-Pacific American Heritage Month observance committee held an art contest for children of military members May 15-18. The winners were:
• Category 1 (grades 1-3)
First place – Jordan Thomason
Second place –Timothy Bebow
Third place – Madison Trimble
• Category 2 (grades 4-6)
First place – Amanda Witt
Second place – Jared Tate.
Honorable mentions went to Brittany Everage, Ryan Pfeifer, Quiana Johnson, Jacilyn Sanders and Joshua Sanders.

Stray animal policy
The Schertz Animal Control is responsible for picking up stray animals on Randolph. Base residents may contact the 12th Security Forces Squadron control center at 652-5700 to report stray animals.

'What's Love?'

Tops in Blue comes to Randolph June 3 with new show

By Armando Perez
12th Flying Training Wing Public Affairs

Randolph families are invited to enjoy a night of free entertainment from the Air Force's premiere show group, the Tops in Blue.

The 2006 cast performs June 3 at 8 p.m. between Hangars 4 and 5.

The 12th Services Division will provide some bleacher seating and folding chairs, but guests are encouraged to bring their own chairs and blankets as seating is based on a first-come, first-served basis. Doors open around 7:15 p.m.

The 2006 edition of Tops in Blue, entitled "What's Love?" is an elaborate mixture of musical sounds and dance demonstrating the power of love, said Shelta Reese, 12th Services Division marketing director.

"Through the creative use of today's technology, this year's cast presents a fun-filled, action-packed performance showcasing hits with their own special spin," she said.

During the show, Tops in Blues entertainers will perform songs by musical artists of all genres such as Tina Turner, Huey Lewis, Barry White, The Temptations, Trisha Yearwood, Alan Jackson, Celene

Dion, Rod Stewart and Kelly Clarkson.

"It's sure to have something for everyone," said Ms. Reese.

The Tops in Blue is one of the oldest and most widely traveled entertainment groups of its kind, composed of 35 vocalists, musicians, dancers and technicians. The team of all-active duty Airmen, selected for their entertainment abilities, performs for other Airmen and their families throughout the world.

This year's Tops in Blue team is a reflection of the "best of the best," said Ms. Reese. This group of talented and dynamic Air Force members displays the pride, patriotism and dedication felt by all Airmen around the world.

"Randolph Air Force Base has been providing flying training excellence for more than 75 years and will continue to do so far into the future just as Tops in Blue has provided excellent entertainment for the Air Force's Airmen for more than 50 years," said Ms. Reese. "The audience is guaranteed to be fascinated by this year's performance. You don't want to miss this powerful and absolutely unforgettable show."

The Randolph AFB Tops in Blue performance is sponsored by AT&T, Coca-Cola and Randolph Brooks Federal Credit Union.



Retirement applications centralized on Web

The active-duty retirement program went virtual Monday as applications started being processed at the Air Force Contact Center as part of the first phase of the Personnel Services Delivery Transformation.

Airmen eligible to retire now initiate the process online via the virtual Military Personnel Flight. The retirement self-service application on the vMPF gives Airmen step-by-step instructions for retiring.

"The vMPF application makes it easier and more convenient for military members to file their retirement paperwork," said 1st Lt. Beth Hart of the 12th Mission Support Squadron. "The virtual process takes out the middle-man and allows the member to have more control over their own personnel processes."

"Airmen also have the advantage of immediate online access anywhere, anytime," she said. "The PSD

transformation will save the Air Force manpower, money and resources to enable the war fighter."

Airmen can enter the vMPF by logging onto the Air Force Personnel Center's secure Web site located at <https://www.afpc.randolph.af.mil/afpcsecure> where they can access the retirement application under "Self-Service Actions/Personal Data."

Base-level military personnel flights will continue to process Airmen

retirement applications and work any retirement related actions on applications submitted prior to May 22.

Members requesting an action related to retirement can log onto the Personal Services Delivery Transformation Web site and click on 'retirement package' at <http://ask.afpc.randolph.af.mil/psd>.

For more information, check the Related Link for a tutorial on how to retire online.

(Courtesy AFPC News Service)

Airmen can now update duty history online

Airmen will be responsible for reviewing their duty history and requesting changes, additions or deletions online through the virtual Military Personnel Flight starting Tuesday.

Airmen can enter the vMPF by logging onto the Air Force Personnel Center's secure Web site located at <https://www.afpc.randolph.af.mil/afpcsecure> where they can access their duty history under "Most Popular Applications" or "Self-Service Actions/Personal Data."

Each Airman will be responsible for justifying changes by providing supporting documentation. The following items are some of the source documents that

can be used to support duty history changes:

- Air Force Form 707A, Field Grade Officer Performance Report (major thru colonel);
- AF Form 707B, Company Grade Officer Performance Report (second lieutenant thru captain);
- AF Form 910, Enlisted Performance Report (airman basic thru technical sergeant);
- AF Form 911, Enlisted Performance Report (master sergeant thru chief master sergeant)
- AF Form 1098, Special Task Certification and Recurring Training;
- AF Form 2096, Classification/On-The-Job Training Action;

- National Guard Bureau Form 26, Air National Guard Active-Duty Performance Rating;
- Special Orders (P-Series);
- and General Orders.

Members requesting an action related to duty history can log on to the Personal Services Delivery Transformation Web site and click on 'duty history' at <http://ask.afpc.randolph.af.mil/psd>.

Check the Related Link for a tutorial on updating your duty history online. This tutorial provides a step-by-step process for applying online and avenues for finding source documents.

(Courtesy AFPC News Service)

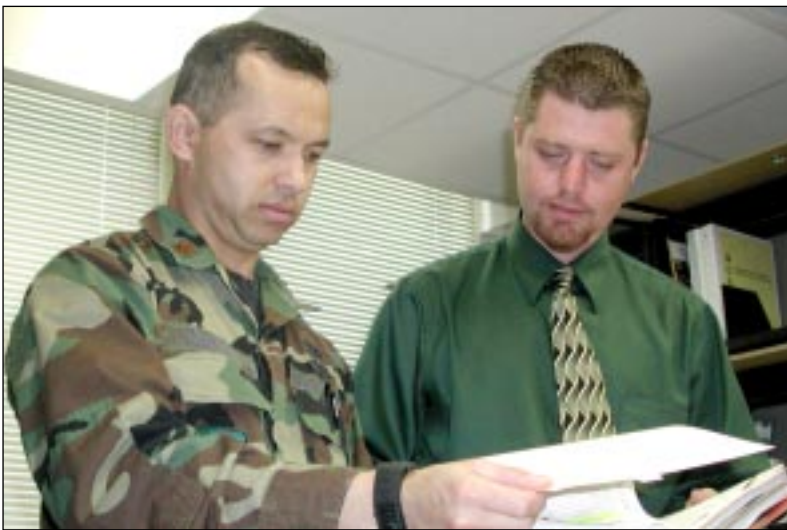
College bound



The Randolph Officers' Wives' Club hosted its annual scholarship ceremony May 18 at the officers' club. Scholarship recipients were (left to right, front row) Matthew Carraway, Tyler Lucas, Elizabeth Briggs, Tiffany Adams, Elizabeth Juarez and Vanessa Tomlin, (middle row) Sarah Carter, Lisa Sorenson, Kari Woodland, Sara Witter, Melinda Creel, Michelle Gleisner and Marianne Condit, (back row) Cody Lucas, Sarah Browne, Andrew Touhill, Adam Browning, Jacob Hall, Stephen Fleenor, Rebecca Haines, Ryan Cabalu and Emma Griffin. Recipient Raechel Schneider is not pictured. Deborah Knapp from KENS-5 TV acted as the master of ceremonies for the event. (Photo by Patti Schnaubelt)



CELEBRATING
ASIAN-PACIFIC
AMERICAN
HERITAGE
MONTH
2006



Maj. Tonney Kaw-uh talks with Myles Rellstab, contracting officer, about recent paperwork.

Maj. Tonney Kaw-uh

Air Education and Training Command Contracting Squadron
Flight commander for information technology
and contracting support

Major Kaw-uh was born in Thailand and moved to the United States when he was five years old.

“I try to stay grounded in my heritage by staying active in the Thai Federation Luge that I founded. My dream is to qualify as the first Thai slider for this Olympic event. May is important to me because it’s an avenue for all Asian Pacific Americans to showcase their culture to others as Americans.” (Photo by Jennifer Valentin)

Depression, anxiety disorders affect millions

Base medical officials educate people of signs, symptoms of conditions

By Staff Sgt. Margaret Kelly
12th Medical Group Life Skills Support Center

Depression affects more than 19 million Americans in any given year, according to the National Mental Health Association. It is fairly common among active duty members and civilians, regardless of their age, rank and status.

Depression isn’t the same as a “passing blue mood,” but rather it is a medical diagnosis that can affect an individual’s mood, body and thoughts.

Genetic factors or life stressors can often trigger depressive symptoms. Addressing these symptoms early can help lower the chance that a more serious depressive illness will follow, said 12th Medical Group officials.

Some common stressors associated with the military include relocations, deployments, temporary duty, family separation, high operations tempo, inspections, promotion, cross training, and retirement or separation.

People should be aware of risk factors that could lead to depression. According to 12th MDG officials, a risk factor is something that increases the likelihood of getting a disease or condition. The more risk factors people have, the greater their chances of developing depression.

Some possible risk factors associated with depression are family history of psychiatric illness, medical illnesses or other psychiatric diagnoses, major life changes, lack of a support system, lack

Randolph Agencies Offering Help

People seeking help to deal with normal daily stressors, depression or anxiety, can call one of the following agencies:

Family Support Center	652-5941
Life Skills Support Center	652-2448
Family Advocacy	652-6308
Chaplain	652-6121
Health and Wellness Center	652-2300

of sleep and insomnia.

It is also important for people to be familiar with the signs and symptoms of depression, said 12th MDG officials. It is normal to have some signs and symptoms when dealing with any major life transition. It is also natural to feel down from time to time, but when these feelings last for at least two weeks and begin to impact quality of life, it may be the illness called depression, said medical officials.

Some of the symptoms of depression are:

- Changes in sleep such as sleeping excessively, interrupted sleep or not sleeping enough
- Changes in appetite such as eating too much or not eating enough, weight gain or weight loss
- Diminished energy levels
- Decreased motivation
- Loss of interest in pleasurable things
- Decline in self-care and hygiene
- Restlessness, irritability or anxiety
- Trouble concentrating, making decisions or remembering
- Persistent feelings of hopelessness, helplessness,

worthlessness, suicide or inadequacy

Some people may only have a few of the symptoms, while others may have many. Treatments for depression include social support, psychotherapy and medications. It may also help to talk to a trusted friend, family member or a chaplain, said medical officials.

Anxiety is also a normal part of life. Almost everyone experiences anxiety at some point, whether it is feeling nervous before an oral presentation or taking a promotion test. This kind of anxiety can be healthy, said medical officials.

However, if anxiety or worry is present in the absence of such stressors or if anxiety or worries affect the quality of life, there may be an anxiety disorder present, added 12th MDG officials.

Anxiety disorders currently affect more than 19 million Americans, according to the Anxiety Disorders Association of America.

Anxiety disorders are characterized by worry or panic-like symptoms. People with anxiety disorders may expect the worst and worry often about money, health, family or work. They may also find relaxing or sleeping difficult. Many people with an anxiety disorder may also suffer from physical symptoms, such as fatigue, muscle tension, headaches, irritability and even hot flashes.

Most people face some anxiety or down moods in their everyday lives. However, if the moods or anxiety become chronic or interfere with normal daily activities, people may want to talk to their primary care manager or a mental health care provider, said medical officials.

For additional help in dealing with normal daily stressors, depression or anxiety, base members can seek help through the family support center, family advocacy, life skills support center, chaplain or health and wellness center.



Emma Claire Alexander visits the Randolph Pediatric Clinic for a well-baby check-up.

Wee Wellness



Senior Airman Heather Brown, pediatric clinic technician, checks the vital signs of Deja Grant. (Photos by Jennifer Valentin)



The Randolph Pediatric Clinic sees about 1,600 patients a month. Acute, routine, well-baby check-ups and physicals are by appointment only. The Pediatric Clinic is open Monday through Friday from 7:30 a.m. to 4:30 p.m. It is closed for training at noon, the last Wednesday of every month. The nurse advice line and front desk can be reached at 652-2543. For appointments, call 916-9900.

Lt. Col. Kathy Hagerman, pediatric nurse practitioner, uses an ophthalmoscope to check Emma Claire Alexander's eyes.

Maj. Lorraine Barton, pediatric clinic flight commander, examines Jazmyn Quick.





Lockheed EC-121H Super Constellation "Warning Star" (Air Force photo)

THE HUSIK AWARD

Randolph remembers fallen navigator

CSO award namesake's military story told through book, widow's account

By Bob Hieronymus
Wingspread staff writer

For more than 25 years, graduates of Randolph's Joint Specialized Undergraduate Navigator Training course, now the Combat Systems Officer course, have competed for the Ira J. Husik Award. The highest-scoring navigator in each class receives this award.

Who was Ira Husik and what did he do to merit this recognition? It is a story fitting for the observance of Memorial Day this weekend.

The citation that accompanies the lieutenant's Air Force Commendation Medal contains only the barest details. Second Lt. Ira Husik was the second navigator on an EC-121H assigned to the 961st Airborne Early Warning and Control Squadron at Otis Air Force Base, Mass. During a routine mission on July 11, 1965, the aircraft ditched in the Atlantic Ocean as a result of a serious in-flight emergency.

"Although very little time was available between the declaration of the emergency and the impact with the water, Lieutenant Husik's assistance in developing an extremely accurate aircraft position fix, taken hurriedly and under adverse conditions, was a decisive factor in expediting the search for survivors," said the citation. "Lieutenant Husik remained at his duty station and was killed upon impact. His body was never recovered."

Lieutenant Husik had been in the Air Force for less than two years on the day of that fateful mission.

The lieutenant's widow, Marion Husik, said her husband was standing in for his friend Jim the day he died because Jim had pulled a similar mission for him. He always looked forward to his missions, she said, because he loved flying and working out the details of aerial navigation.

A. J. Northrop, an aircrew radar technician in the 961st Squadron at the time, described that day's mission in detail in his book "Fifty Fallen Stars."

Lieutenant Husik signed for 21 sets of survival equipment for the crew from base supply, Mr. Northrop wrote. The task normally fell to the junior officer on the crew. The survival equipment for each crewmember consisted of an A-1 exposure suit, life

vest and signal flares. There were 19 men on the EC-121 Connie that day, four crew officers, 13 enlisted technicians and two local ROTC officers who were just observing the mission.

Take off for the mission, call sign Homey 63, at 9:33 p.m. was normal. Otis AFB records showed 900 foot overcast. Aircraft commander, 1st Lt. Fred Ambrosia flew the heavily loaded plane through stormy weather to its orbit 125 miles east of Nantucket Island, arriving at 9:58 p.m. After 15 minutes on station he radioed he was having difficulty with the number two engine. Two minutes later he radioed that number two was feathered (an emergency procedure for setting the pitch of the propeller to minimize air resistance).

At 10:17 p.m. he reported a fire in the number three engine and aborted the mission. One minute later he switched on the emergency MAYDAY signal.

The EC-121 did not have enough power on two engines to maintain altitude, but Lieutenant Ambrosia kept control of the plane during the rapid descent. The crew put on their survival suits in preparation for ditching.

Lieutenant Husik stayed at his station, working out their exact position and probable ditching location even though the stormy weather precluded all outside references. The radio operator transmitted his data to the air defense tracking center.

At 10:21 p.m., the pilot reported he was at 200 feet preparing to ditch. Then radio contact was lost.

Of the 19 men on board, only three were found alive in the cold water 10 hours later. One was the lead navigator, 1st Lt. Bruce Witcher, who reported Lieutenant Husik had apparently been killed in the initial impact when the plane hit the water with a force "like hitting a brick wall." The plane was designed to float for 20 minutes in a smooth-water ditching, but Homey 63 broke up on impact in the heavy swells and quickly sank.

Air and surface search crews were dispatched to the last reported location. Darkness and 50-yard visibility in fog prevented contact during the night. The next morning, the surviving crewmembers were located about 25 miles away where strong currents had carried them. Nine bodies were recovered but Lieutenant Husik's was not among them.

The accident investigation board concluded the location data Lieutenant Husik had calculated was a major factor in saving the lives of the three survivors. They could not have lasted much longer in the 58-degree water when they were found.

Marion Husik recalled those first days after the crash were just an empty haze for her. She did not go to the memorial service held at the base three days later, although her mother, who came to stay with her, attended and accepted the folded American flag. In her confusion, Marion even contemplated suicide.



2nd Lt. Ira and Marion Husik on their wedding day in 1964. (Courtesy photo)

"I had no name for the emotions I felt then," she said. "Now I can label them as despair, intense grief and a traumatic response. I knew intense sadness from that day on. It was an abrupt ending to everything I had known and assumed about the world, my future and myself."

A month later she packed up everything and moved back to her parent's home in Philadelphia. A year after the incident, she was invited to return to the base for a memorial service, which she is now glad she accepted.

Other than attending that anniversary service and receiving the medal and citation honoring her husband, she subsequently lost contact with the Air Force. Even though she went on to earn master's and doctor's degrees in counseling, Marion admitted later she had never come to terms with her own grief.

Then in 2003, 38 years after Homey 63 was lost, her daughter suggested they see if there was some information about the crash on the Internet. That is how they discovered the Ira Husik Award being given to Air Force navigator trainees here.

In answering her query, the 562nd Flying Training Squadron invited her to come to Randolph to present the award during the squadron's July 2003 graduation ceremony. Ironically, it was on the anniversary of Ira's death.

"Through all this, I've come to understand the feelings of my own loss and am able to help others in their times of crisis," she said. "It was a real pleasure for me to be able to present the award in Ira's name and reconnect with Air Force people."

Today Dr. Marion Husik Frank is a psychologist in Philadelphia. She was one of the professionals brought in to provide grief counseling after the Sept. 11 terrorist attacks on the World Trade Center. She works with the Gold Star Wives of America and has participated in memorial events at Arlington Cemetery, where there is a marker honoring the crew of Homey 63. She has also conducted counseling for the Red Cross and American Legion.

Memorial Day is a time to remember the sacrifices of people like Ira Husik. But people should also remember that every human loss involves two stories – the story of the ones who died and the story of the ones who carried on.



Dr. Marion Husik Frank (front row left) with the Joint Specialized Undergraduate Navigators Training class the day she presented the Husik Award July 11, 2003. (Courtesy photo)

AETC/SG shuts out MDG

By Staff Sgt. Beth Del Vecchio
Wingspread Staff Writer

Air Education and Training Command Medical Services and Training shut out the 12th Medical Group in intramural volleyball action 25-15 in both games Tuesday night at the fitness center.

AETC/SG's Andy Scott, Alan Onufrak and Rob White led their team in offense with aces and spikes.

"Our team has always been strong. We have the talent and we are organized," said AETC/SG captain Megan St. Clair. "Nearly all of our games have been close and the ones we've lost have only been by just a couple of points."

The first game was neck-and-neck until a kill from Scott opened a 9-2 run by AETC/SG. MDG's Lisa Anderson and Jason Ward brought their team back in the game with two points each, but it wasn't enough.

Scott tapped the ball into an empty corner on the MDG court to give Lynn Johnson his chance to shine. Johnson served up eight points for AETC/SG bringing the final score to 25-15.

In the second game, two kills by Donnie Atkins wasn't enough to keep MDG alive.

A nine point drive with AETC/SG's Robert Zapata at the wheel left MDG flat. Zapata's three aces paired with two kills from Scott put AETC/SG into winning position.

MDG's Brianna Bechtel and Atkins racked up five points for their team before a kill from Onufrak put St. Clair behind the line to serve. She gave her team four points, leaving the score at 24-12.

Ward served up three points for MDG, but an error by the team brought the game to an end with a final score of 25-15.

"Winning last night was something we needed just to show ourselves we can win matches and to boost our confidence as we enter the playoffs," said St. Clair.



Benjamin Taylor, 12th Medical Group, attempts to block a spike by Alan Onufrak, Air Education and Training Command Medical Services and Training. (Photo by Steve White)



Intramural Volleyball Standings

as of Wednesday

TEAM	RECORD
AETC/A2	11-0
12 CS/NAV	10-3
AFPC	7-5
12 MSS	6-5
AETC/SG	5-7
12 OSS	5-7
AETC SAS	4-8
12 MDG	0-12



Intramural Bowling Standings

as of May 15

Team	W	L
AFPC	164	92
RATS	149	107
AMO	148	108
AETC/LG	144	112
AETC/CSS	142	114
OSS	140	116
SVS	138	118
JPPSO	138	118
AFSVA	138	118
AFPOA	134	122
CS	134	122
AFMA	131	125
AETC/FM	128	128
SFS	127	129
DFAS	122	134
AFSAT	113	143
AFPC/DFSG	112	144
CPTS	90	166
MED GP	86	170
340 FTG	72	184

TEAM SCRATCH SERIES

Team	Score
AFPC	3059
JPPSO	2772
SVS	2709

TEAM HANDICAP SERIES

AFPC	3215
OSS	3195
JPPSO	3168

TEAM SCRATCH GAME

Team	Score
AFPC	1113
AFPOA	987
SVS	963

TEAM HANDICAP GAME

Team	Score
AFPC	1165
AFPOA	1117
OSS	1110

SCRATCH SERIES

Men	Score
Jim Layman Jr.	702
Brian Ellingboe	701
Mark Wurzer	637

Women	Score
Sheila Lawrence	572
Norma Jarvinen	474
Yolanda Strong	439

HANDICAP SERIES

Men	Score
Dan Zuckerman	760
Mance Clark	750
Dwayne Crawford	719
Women	Score
Cathy Harrison	656
Alissa Smith	649
Leilani Hagan	620

SPORTS BRIEFS

Lap swimming

The south pool offers lap swimming Monday through Friday from 6-8 a.m., 11 a.m. to 1 p.m. and 5-8 p.m.

Water aerobics

The center pool offers free water aerobics classes beginning June 5 Monday and Wednesday from 10-11 a.m.

For more information, call 652-5316.

Swimming lessons

Parents can register their children ages 6 weeks and older for swimming lessons starting Tuesday at 9 a.m. at the information, tickets and travel office, Building 897. The first session of classes begins June 3 in the south pool.

The cost is \$25 per session for season pass holders and \$50 per session for all others. Classes are held Monday through Thursday from 8-11 a.m. and 5-8 p.m. for two weeks or Saturday from 8-11 a.m. for eight weeks.

For more information, call 652-6508.

U.S. Air Force Marathon

The annual U.S. Air Force Marathon takes place Sept. 16 at Wright-Patterson Air Force Base, Ohio.

This year's event includes a two-day sports and fitness exposition, gourmet pasta dinner, race day, awards ceremony and post race festival.

World-renowned long distance runners Bill Rodgers and Alberto Salazar will conduct clinics and speak at the dinner.

For more information, e-mail Rachel Castle at rachel.castle@wpafb.af.mil.

Mini biathlon

The fitness center hosts a mini biathlon June 17 at 8 a.m. at Eberle Park. The event consists of a 5-kilometer run and a 10-mile bike ride.

The first 50 competitors to register receive a water bottle.

To register, call Refia Grant or Rikk Prado at 652-2955.

Link up to Golf

The Randolph Oaks Golf Course offers Link Up to Golf, a PGA program for beginner adult golfers. Charles Bishop, a PGA teaching professional, conducts the program.

For details, call Charles Bishop at 652-4653.

Doubles bowling tournament

The Fort Sam Houston Bowling Center hosts its Second Annual San Antonio Military Doubles Bowling Tournament June 3 and 4 from 11 a.m. to 1:30 p.m. both days. The tournament is open to all Department of Defense ID cardholders and their family members.

First place prize is \$600. Cash prizes are awarded to the first through fifth place winners. Prizes are based on 50 team entries. The cost is \$35 per doubles team.

To register, call 221-4740.

Asian-Pacific fun-run winners

The Randolph Asian-Pacific American Heritage Month observance committee hosted a 5-kilometer run and walk May 19 at Eberle Park.

The winners of the men's category were: first place, John Bone, with a time of 18:37; and second place, David Cribb, with a time of 19:37.

The winners of the women's category were: first place, Iveth Galvez, with a time of 22:06; and second place, Elaine Morris, with a time of 24:29.

Darrin Hall won the Asian-Pacific American trivia contest set up along the course.

Fitness classes

The fitness center offers a variety of fitness classes throughout the week including cycling, step aerobics, body toning, kickboxing, pilates and yoga.

Stop by the fitness center in Hangar 70 for a schedule.

Passport to Fitness

Fitness center customers can pick up a "passport to fitness" starting Thursday. During the program, participants accomplish various tasks on a checklist such as trying out different fitness center equipment or taking aerobic classes. After each item a person completes, he or she gets a passport stamp. Once their card is full, they take it to the front desk to claim a prize. The program ends June 30.

AETC/CSS defends bowling title

By Staff Sgt. Beth Del Vecchio
Wingspread Staff Writer

The Air Education and Training Command Computer Systems Squadron was crowned the Randolph Intramural Bowling League champion for the second consecutive year Sunday after its title-winning match at the base bowling center.

AETC/CSS came from the consolation bracket in the double-elimination tournament to beat the undefeated Services team twice.

“The team never gave up,” said Mike Brown, AETC/CSS team captain. “We had to battle our way back to win against the only team that beat us. We had to win twice to keep our crown.”

The intramural bowling league began in August with 20 teams that bowled three games every Monday night. At the end of the season, the top eight teams were slotted to compete in last week’s tournament.

At the beginning of the tournament, neither AETC/CSS nor SVS were ranked in the top three. AETC was ranked fifth and SVS seventh.

SVS defeated AETC/CSS Tuesday, sending them to the consolation bracket. SVS then beat the Joint Personal Property Shipping Office team making them undefeated in the winner’s bracket.

AETC/CSS fought its way through the consolation bracket, beating the Logistics team and JPPSO to pit them against SVS for the championship.

AETC/CSS slid past SVS, by only 11 pins to force the deciding game on Sunday.

AETC/CSS defended its title as base champs with a score of 3,205 pins to SVS’s 2,897 in the final match.

“The team has been strong all year,” said Mr. Brown. “After losing the second round, we doubled our efforts to come out on top.”



The Air Education and Training Command Computer Systems Squadron earned the 2006 Randolph Intramural Bowling League championship title. The team includes (left to right front row) Mike German, Mike Brown, Allen Rutter, John Stokes (back row) Les Letcher, Randy Coleman, Paul Wiley and Don Wright. Bowlers Larry Fortner, Mike Guyton and Robert Yarbrough are not pictured. (Photo by Staff Sgt. Beth Del Vecchio)